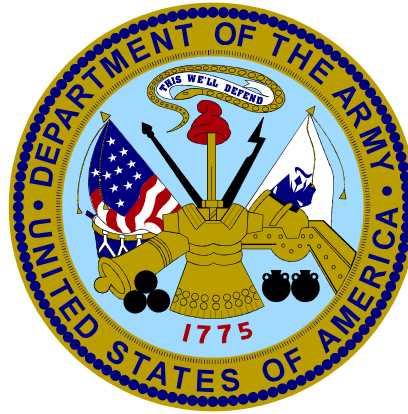


ALCOHOL





WHAT IS ALCOHOL?



Alcohol is the MOST ABUSED drug by Soldiers.

*Alcohol is a colorless and pungent liquid that can be found in beverages such as wine, beer, and liquor.

*Alcohol is a Central Nervous System (CNS) depressant.

*Alcohol is considered to be a gateway drug to other drug use.

WHAT IS ALCOHOL?

*A standard alcohol drink is considered to be:

- ▷ One 12-ounce bottle of beer
- ▷ One 5-ounce glass of wine
- ▷ 1.5 ounces of 80-proof distilled spirits.

*Alcohol is also known as

- ▷ Booze
- ▷ Juice
- ▷ Sauce
- ▷ Grog



WHAT IS BLOOD ALCOHOL CONTENT (BAC)?

- * **Blood Alcohol Content (BAC)** - The amount of alcohol present in a 100 milliliter (ML) volume of blood.
- * The BAC is related to the users:
 - Body Weight
 - Metabolism
 - Drinking Speed – Someone that ‘chugs’ their drink will have a higher BAC than someone that ‘sips’ the same amount of alcohol.

EFFECTS OF ALCOHOL AND BAC

.02 - .03 BAC – No loss of coordination, slight euphoria and loss of shyness. Depressant effects are not apparent.

.04 - .06 BAC – Feeling of well-being, relaxation, euphoria, and lower inhibitions. Minor impairment of reasoning and memory. **.05 IS THE LEGAL LIMIT IN THE U.S. ARMY.**

.07 - .09 BAC – Slight impairment of balance, speed and reaction time. Judgment and reasoning are reduced, caution and reasoning are impaired. **IN MOST STATES THE LEGAL LIMIT IS .08.**



.1 - .125 BAC – Significant impairment of motor coordination and loss of good judgment. Speech is slurred and balance, vision, reaction time, and hearing are impaired. **IT IS ILLEGAL IN ALL STATES TO OPERATE A MOTOR VEHICLE AT THIS STAGE.**

EFFECTS OF ALCOHOL AND BAC

.13 - .15 BAC - Gross motor impairment and lack of physical control. Blurred vision and serious loss of balance. Euphoria is reduced and dysphoria (anxiety, restlessness) begins to appear.

.16 - .20 BAC - Dysphoria predominates, nausea begins to appear. The drinker appears to be a ***“sloppy drunk”***.

.25 BAC - Needs assistance in walking; total mental confusion. Dysphoria with nausea and some vomiting.

.30 BAC - Loss of consciousness.

.40 ≤ BAC - Coma, and possible death due to respiratory arrest.

IMMEDIATE PHYSICAL EFFECTS

⇒ **Slurred Speech**

⇒ **Slow Reactions**

⇒ **Irregular Pulse**

⇒ **Blurred Vision**

⇒ **Loss of
Inhibitions**

⇒ **Dizziness**



⇒ **Staggering**

⇒ **Nausea/Vomiting**
⇒ **Impaired Motor
Skills**

⇒ **Enlarged Heart**

⇒ **High Blood
Pressure**

⇒ **Unconsciousness**

PHYSICAL SIGNS OF USE

◇ **Dilated Pupils**

◇ **Nausea/Vomiting**
◇ **Slow Reactions**

◇ **Dizziness**

◇ **Irregular Pulse**

◇ **Slurred Speech**

◇ **Enlarged Heart**



◇ **Blurred Vision**

◇ **Alcohol Odor on Breath**

◇ **High Blood Pressure**

◇ **Unconsciousness**

◇ **Overdose/Death**

LONG TERM EFFECTS

- * Vitamin Deficiencies**
- * Skin Problems**
- * Loss of Muscle Tissue**
- * Sexual Impotence**
- * Stomach Damage**
- * Small Intestine Damage**
- * Loss of Feeling in Hands/Feet**



- * Pregnancy Complications**
- * Liver Cirrhosis/Cancer**
- * Heart Disorders**
- * Blood Disorders**
- * Lung Disease**
- * Brain Damage**
- * Death**

ALCOHOL WITHDRAWAL

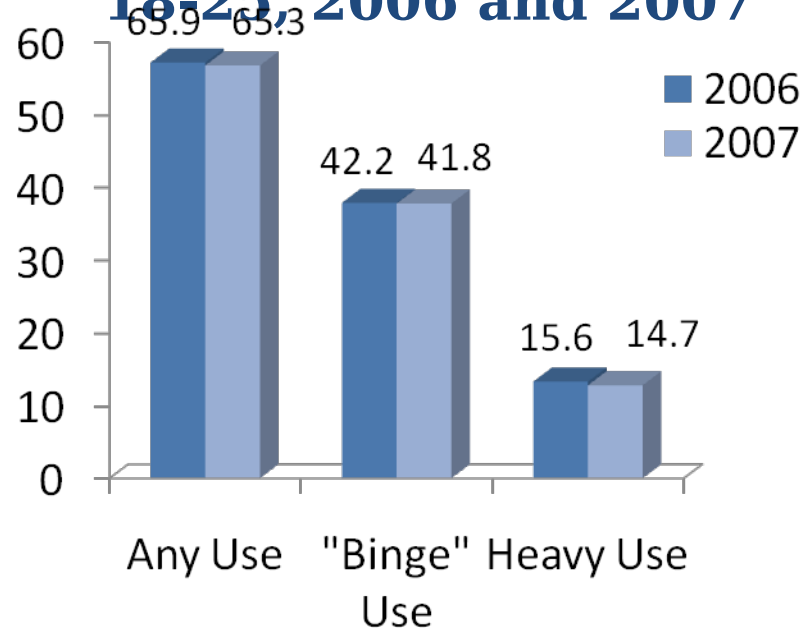
- When a alcohol dependent person stops consuming alcohol they may experience withdrawal symptoms:
 - Auditory Hallucinations
 - Paranoid Behavior
 - Body Trembles, “The Shakes”, this can occur as early as 12 hours after the last drink.
- The alcohol dependent person may also show minor signs of withdrawal:
 - Agitation
 - Profuse Sweating
 - Nausea/Vomiting
 - Incoherent Speech

LONG TERM EFFECTS

- The addicted individual can also suffer extremely serious, and sometimes fatal, side effects of alcohol withdrawal:
 - Delirium Tremens (DTs) - A disorder involving sudden and severe mental changes (psychosis) or neurologic changes (including seizures) caused by stopping the use of alcohol.
 - Alcoholic Psychoses, when the addicted person is scared of imaginary small animals, and horrible sights and sounds.

ALCOHOL USE IN THE UNITED STATES

Percentages Reporting Past Month Alcohol Use, Past Month "Binge" Alcohol Use, and Past Month Heavy Alcohol Use Among Persons Aged 18-25, 2006 and 2007



2007 National Household Survey on Drug Abuse

ADDITIONAL RESOURCES

- ***<http://www.erowid.org/chemicals/alcohol/alcohol.shtml>***
- ***<http://www.niaaa.nih.gov/>***
- ***<http://www.health.org>***
- ***<http://www.sayno.com/alcohol.html>***
- ***<http://www.alcoholics-anonymous.org/>***
- ***<http://www.al-anon.alateen.org/>***



Additional Information

Additional information on Alcohol can
be found by contacting your local
Army Substance Abuse Program or
by visiting www.acsap.army.mil